COMMUNITY WELLNESS

Northwest Territories Community Wellness in Action 2001-2002:

Summary Report of Community Wellness Initiatives

Northwest Territories Health and Social Services

April 2003

Message from the Minister

I am pleased to present *Community Wellness in Action 2001-2002: A Summary Report of Community Wellness Initiatives*. This report provides a detailed overview of the many successful community-based initiatives implemented across the Northwest Territories during the past fiscal year.

Community involvement is a key element of their success. Based on various territorial and federal programs, the wellness initiatives presented in this report have brought positive changes to communities in areas such as early childhood development, community mental health, and active living. These initiatives are an important component of the Department of Health and Social Services' continuous efforts to promote healthy living and to encourage NWT residents to make healthy lifestyle choices for themselves and their families.

I encourage communities to continue to take advantage of the wide variety of wellness programs available in the Northwest Territories. The efforts of individuals to address the social needs of their families and their children from within their own communities will provide a solid foundation for the future.

J. Michael Miltenberger
Minister of Health and Social Services

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Introduction

The Northwest Territories Community Wellness in Action Report is published annually by the Department of Health and Social Services, Government of the Northwest Territories. It provides comprehensive information of territorial and federal wellness programs implemented in the Northwest Territories.

Between April 1, 2001 and March 31, 2002, about 8 million dollars were spent on community wellness initiatives in 32 communities. 55% of the funds were provided by wellness programs specifically for Aboriginal people, namely, Brighter Futures, Aboriginal Head Start and the Canada Prenatal Nutrition Program (First Nations and Inuit component). The remaining funds were accessed through seven wellness programs targeting the general population, i.e., the AIDS Community Action Program, the Community Action Program for Children, the Hepatitis C Prevention Program, Support and Research Program, the Population Health Fund, Rural Health, the Healthy Children Initiative, and the Health Promotion Fund.

Many early childhood development programs were implemented through early intervention programs such as Aboriginal Head Start, the Healthy Children Initiative, and the Community Action Program for Children. Great importance was also given to activities and programs aimed at improving community mental health. Community mental health projects were mainly funded through the Brighter Futures Program, which provided 37% of the overall wellness funding, and targeted children, youth, adults, families and communities at large. Brighter Futures supported workshops and retreats, recreational and sports activities, on-the-land programs, spiritual and regional gatherings, festivals/ celebrations, breakfast programs and teaching traditional skills.

This report lists wellness funding and wellness initiatives according to region. The information provided has been derived from community reports. Funding under all wellness programs, except the Health Promotion fund, is representative of dollars committed to projects in Contribution Agreements. Funding under the Health Promotion Fund is representative of actual expenditures. A chart outlining all NWT wellness programs and their funding agencies has also been provided.

Description of Wellness Programs

Brighter Futures[1]

Brighter Futures is designed to assist First Nations and Inuit communities in developing community-based approaches to health programs. The purpose is to improve the quality of, and access to, culturally sensitive wellness services in the community. These services will in turn help create healthy family and community environments, which support child development. While the program is intended specially for First Nations and Inuit children from ages birth to six, it is recognized that children's needs cannot be separated from those of their families and community. There are a number of components to Brighter Futures: mental health; child development; injury prevention; healthy babies; solvent abuse; and parenting skills. The communities determine their priorities and allocate their resources accordingly.

Canada Prenatal Nutrition Program (CPNP)[1]

CPNP is a universally accessible program that helps communities to develop or enhance comprehensive services for pregnant women who may be at risk for their own health and the development of their babies. Projects promote breastfeeding, both initiation and continuation; aim to improve the diets of pregnant and breastfeeding women; and attempt to help women feed their infants appropriately for their age. The program has a component for First Nations and Inuit women.

Aboriginal Head Start (AHS)[1]

Aboriginal Head Start is an early intervention program for First Nations, Inuit and Métis children and their families. It is primarily a preschool program that prepares young Aboriginal children for school by meeting their spiritual, emotional, intellectual and physical needs.

AIDS Community Action Program (ACAP)[2]

ACAP is a component of the Canadian Strategy on HIV/AIDS, the federal government's framework to respond to AIDS in Canada. ACAP aims at (i) preventing the spread of HIV; (ii) ensuring treatment, care and support for people living with HIV and AIDS, their caregivers, families and friends; (iii) minimizing the adverse impact of HIV/AIDS on individuals and communities; and (iv) minimizing the impact of social and economic factors that increase individual and collective risk for HIV infection.

Community Action Program for Children (CAPC)[1]

CAPC funds community-based coalitions to establish and deliver services to meet the developmental needs of children under age six living in conditions at risk. These children: are living in low-income families; are living in teenage-parent families; are at risk of, or have, developmental delays, social, emotional or behavioral delays; and/or are neglected or abused.

Description of Wellness Programs

Community Animation Program (CAP)[2]

The goal of CAP is to increase communities' understanding of health and environment links, and to strengthen communities' ability to take action on these issues.

Hepatitis C Prevention, Support and Research Program[2]

The program has four major goals: to contribute to the prevention of hepatitis C infection; to support persons infected with, and affected by, hepatitis C; to provide a stronger evidence base for hepatitis C policy and programming decisions and advance prevention, treatment and cure options by expanding the body of available research and research capacity; and to strengthen the response of the Canadian population to hepatitis C through increased awareness and capacity.

Rural Health[2]

The goal of this initiative is to support projects that will improve the health of Canadians living in rural and remote areas, and to support the development of models for use in other parts of the country. In the Northwest Territories the priority for action is in the area of Nurse Practitioner model development.

Population Health Fund (PHF)[1]

The goal of the Population Health Fund is to increase community capacity for action on or across determinants of health. Through project funding, the Population Health Fund supports initiatives that facilitate coordinated action among voluntary organizations, service providers, governments and the private sector to improve population health.

Healthy Children Initiative (HCI)[3]

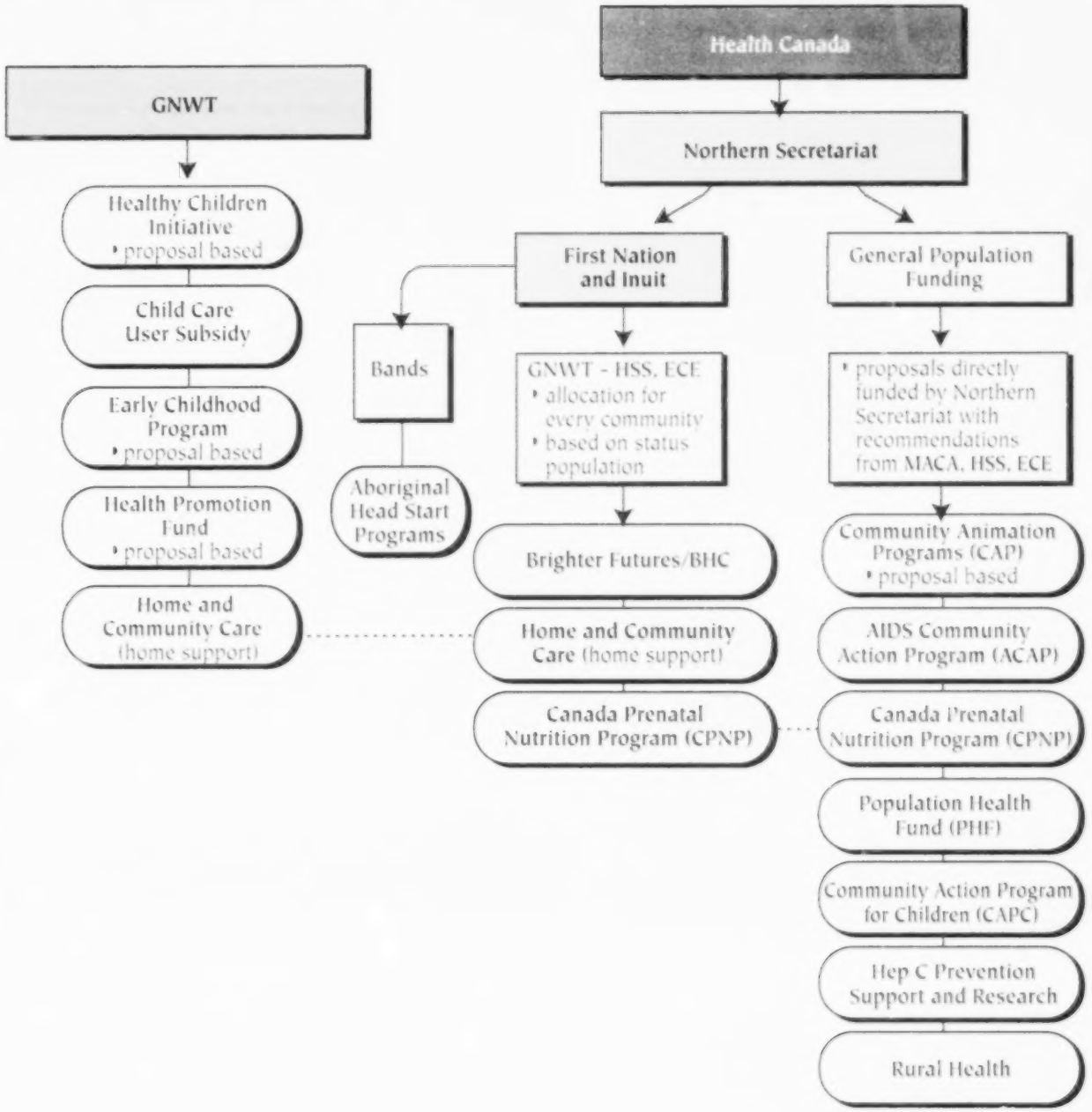
This initiative supports the development of children from prenatal to age six. It focuses on prevention and health promotion and supports a wide range of programs and services from primary intervention to therapeutic services. The HCI is based on a more family-centred model. Earlier child-centred models were treatment driven – focusing on correcting and treating weaknesses and deficits. The family-centred approach places more emphasis on family needs and strengths.

Health Promotion Fund[4]

HPF supports community-based projects that improve the health of prenatal women, infants, children and youth. The goal of the strategy is to improve health and wellness through community development, the promotion of healthy lifestyles and the reduction of preventable diseases.

[1] Government of Canada (2001) *Federal/Provincial/Territorial Early Childhood Development Agreement: Report on Government of Canada Activities and Expenditures 2000-2001*.
[2] Health Canada – *Population and Public Health Branch Alberta/NWT Region (http://www.hc-sc.gc.ca/hppb/regions/ab-nwt/)*.
[3] Department of Education, Culture and Employment, Government of the Northwest Territories *(http://siksik.learnnet.nt.ca)*.
[4] Department of Health and Social Services, Government of the Northwest Territories, *NWT Health Promotion Funding Criteria 2000/01*.

Community Wellness in the NWT: Wellness Programs and Funding Agencies


Health Canada
GNWT
Northern Secretariat
Healthy Children Initiative
• proposal based
First Nation and Inuit
General Population Funding
Child Care User Subsidy
Bands
GNWT - HSS, ECE
• allocation for every community
• based on status population
• proposals directly funded by Northern Secretariat with recommendations from MACA, HSS, ECE
Early Childhood Program
• proposal based
Aboriginal Head Start Programs
Health Promotion Fund
• proposal based
Brighter Futures/BHC
Community Animation Programs (CAP)
• proposal based
Home and Community Care (home support)
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AIDS Community Action Program (ACAP)
Canada Prenatal Nutrition Program (CPNP)
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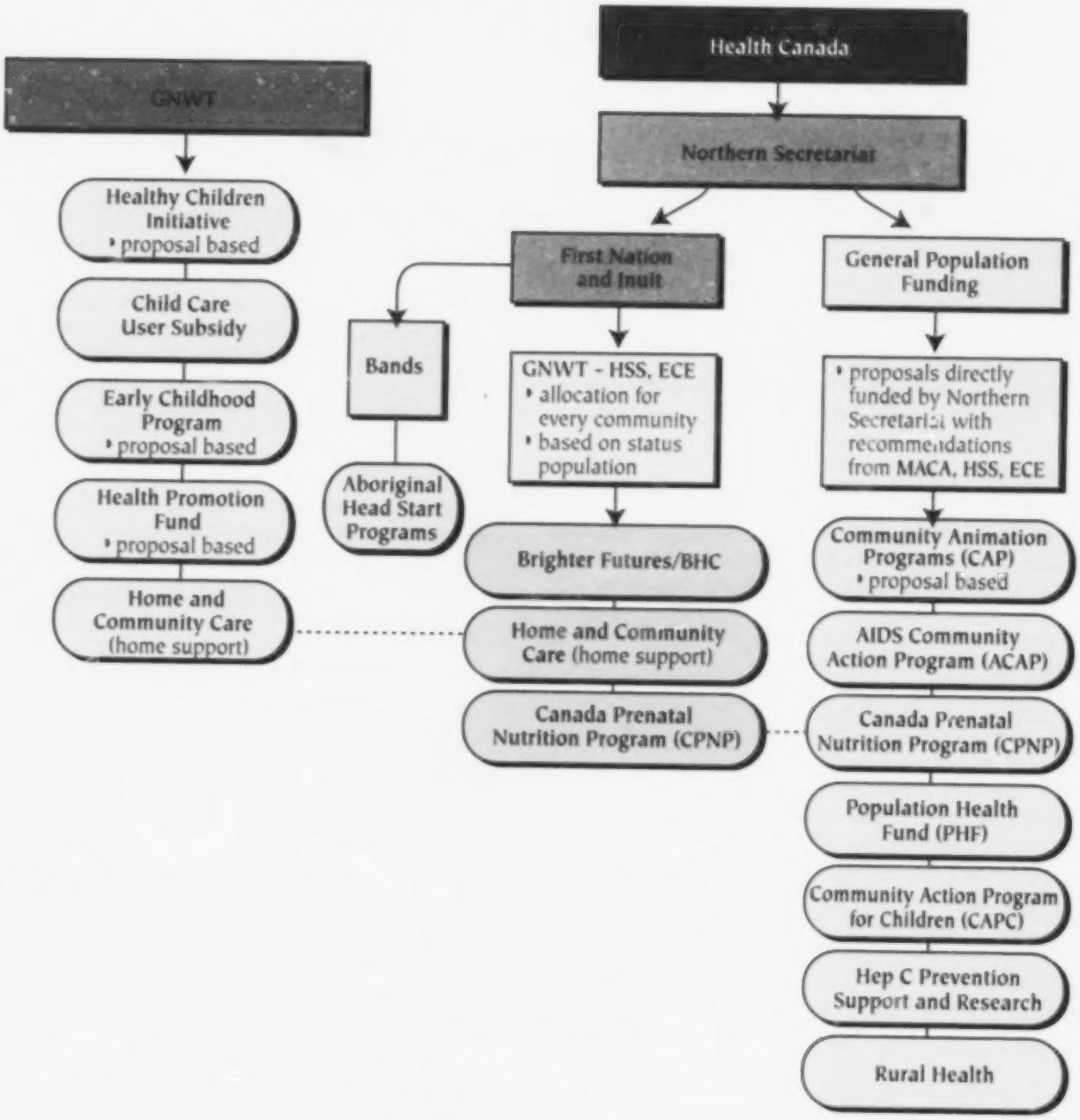
Community Action Program for Children (CAPC)
Hep C Prevention Support and Research
Rural Health

Community Wellness in the NWT: Wellness Programs and Funding Agencies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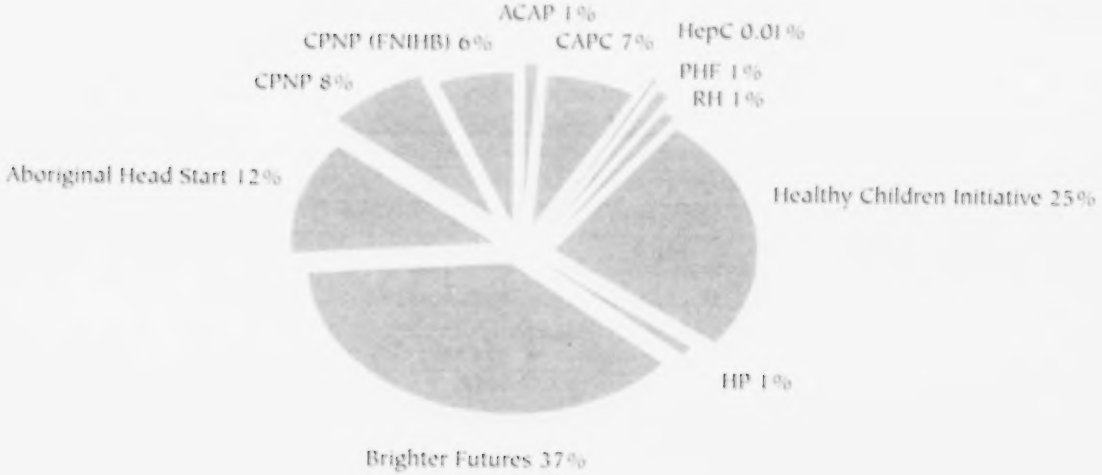
Overview of Funding

2001-2002 Wellness Funding by Region

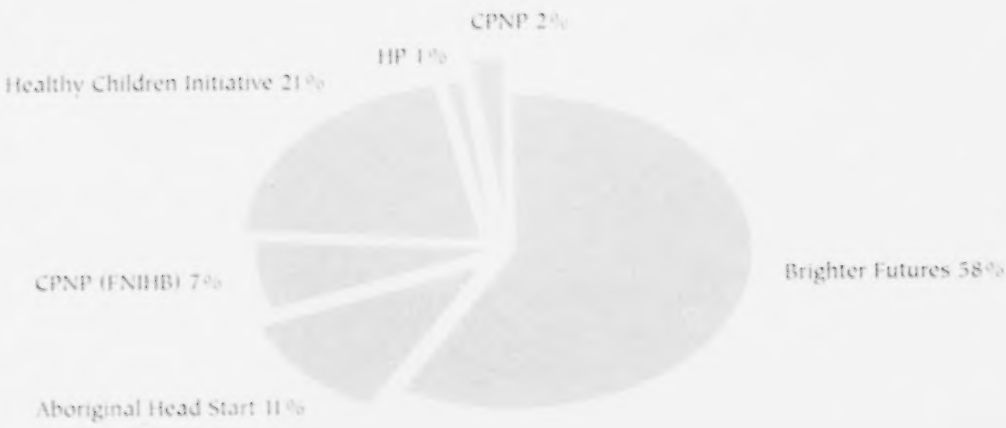
	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	HepC	PHF	Rural Health	Healthy Children Initiative	Health Promotion Fund	Total
Deh Cho Region	519,411.00	72,095.36	221,978.00	80,000.00	-	120,000.00	-	-	-	174,429.12	21,829.00	1,209,742.48
Dogrib Treaty 11 Region	440,532.00	110,344.00	143,635.00	-	-	60,000.00	-	-	-	171,000.00	9,687.94	935,398.94
Beaufort Delta Region	1,147,038.00	132,521.00	218,200.00	40,000.00	-	-	-	-	-	423,886.50	23,069.28	1,984,714.78
Sahtu Region	394,082.80	68,618.00	-	-	-	-	-	-	-	199,513.44	-	662,214.24
Treaty 8 Region	321,594.69	65,518.00	112,500.00	104,066.00	-	97,139.00	-	-	-	323,621.01	25,649.78	1,050,088.48
Yellowknife Region	135,503.00	18,911.00	254,500.00	160,000.00	83,349.00	271,200	39,500.00	75,000.00	102,681.00	695,748.00	29,783.74	1,866,175.74
Other Projects	-	99,220.00	-	230,000.00	-	-	-	-	-	-	10,000.00	339,320.00
Total	2,958,161.49	567,527.36	950,813.00	614,066.00	83,349.00	348,339	39,500.00	75,000.00	102,681.00	1,988,198.07	120,019.74	8,047,654.66

Total Funding by Program

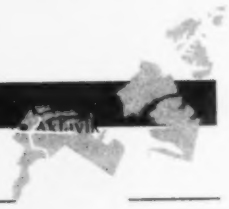


Summary of 2001-2002 Wellness Funding

	Brighter Futures	CPNP (ENIHB)	Aboriginal Head Start	CPNP	NCAF	CAPC	HepC	FNF	Rural Health	Healthy Children Initiative	[illegible] Promotion Fund	Total
Aklavik	99,810.00	20,475.00	-	-	-	-	-	-	-	36,505.00	-	243,790.00
Fort McPherson	189,997.00	31,863.00	105,700.00	-	-	-	-	-	-	57,149.00	-	383,509.00
Holman	78,747.00	15,270.00	-	-	-	-	-	-	-	36,792.00	-	130,809.00
Inuvik	208,929.00	10,000.00	-	40,000.00	-	-	-	-	-	149,769.50	8,344.94	317,043.44
Paulatuk	49,729.00	12,810.00	112,500.00	-	-	-	-	-	-	35,370.00	-	207,406.00
Sachs Harbor	28,000.00	6,910.00	-	-	-	-	-	-	-	16,500.00	-	53,110.00
Tsiigehtchic	61,157.00	11,643.00	-	-	-	-	-	-	-	10,500	-	83,300.00
Tuktoyaktuk	186,781.00	22,350.00	-	-	-	-	-	-	-	61,301.00	4,802.47	274,934.47
Regional	80,891.00	-	-	-	-	-	-	-	-	-	9921.87	90,812.87
Total	1,147,036.00	132,521.00	218,200.00	40,000.00	-	-	-	-	-	423,886.50	23,069.28	1,984,714.78



Aklavik – Population: 632[1] Beaufort Delta



Brighter Futures

Aklavik Indian Band

- A Program Coordinator was hired to coordinate and administer the programs in the community.

- **Community Mental Health**

  Funds supported:

  - Youth advisors were hired to assist the teachers in their classrooms.
  - A youth coordinator was hired to coordinate activities for the youth in the community. Activities included teen dances, movie nights, coloring contests and other fun tournaments.
  - Three volunteers were brought into the community to tutor students, assist teachers and other staff, and assist various volunteer organizations.
  - Six youths participated in an on the land trek during the summer to learn about their culture, traveling on the land, traditional skills, wildlife, fish, and plants.
  - Workshops were conducted on canoeing, map and compass reading, fishing, making dry fish, and cooking traditional food.
  - Youth from the local school photographed community Elders and plan to compile a history book with interviews and biographies.
  - The youth also did a community beautification clean-up during the summer, aimed at promoting a clean and healthy community.

Aklavik Community Corporation

- A Coordinator was hired to administer all wellness funding initiatives.

- **Community Mental Health**

  Funds supported:

  - A youth advisor was hired to work with the younger students in the school.
  - A contribution was made to hire a local Youth/Assistant Recreation Coordinator who planned youth events such as teen dances, movie nights, scavenger hunts, coloring contests and tournaments.
  - Approximately 30 youth attended the Super Soccer Tournament in Yellowknife.
  - A two-month summer youth project taught skills such as teamwork, responsibility, and how to develop a sense of ownership of their community.
  - Various on-the-land programs for children were held, in which local hunters and elders passed on traditional skills such as setting traps/snares, skinning and preparing meat, and safety measures.
  - A crafts program for children five to nine years of age did craftwork, baked, and watched movies.
  - A fur sewing program teaching teenage girls how to sew mukluks and mittens.
  - A group of Elders met monthly, with the goal to make Aklavik a healthier place to live by supporting community activities, assisting teachers in the school, hosting local radio programs, etc.

- **Child Development**

  Funds supported:

  - Kindergarten students at Moose Kerr School received a daily nutritional snack and learned healthy eating habits.

1 *Population estimates as of July 2000 have been taken from* Statistics Quarterly, *Vol. 23, No. 3 (September 2001), published by the Bureau of Statistics, Government of the Northwest Territories.*

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- **Prenatal Nutrition Program**
  Activities included:
  - 31 weekly cooking groups with approximately eight participants per session.
  - Four separate education sessions/activities with approximately 12 women for each activity/session.
  - Nutrition education on a one-to-one and group basis.
  - Nutrition assessments by the program coordinator.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements, games, and prizes/incentives.

Aklavik Indian Band

- **Prenatal Program**
  Activities included:
  - Four cooking groups with approximately 10 participants in each group.
  - Two separate education sessions/activities with a dozen participants in each.
  - Nutrition education was offered on a group basis.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements, food vouchers, and prizes/incentives.

Healthy Children Initiative

Inuvialuit Regional Corporation for Aklavik Child Development Centre

Funds supported:
- Support worker
- Child care
- Staff
- Equipment
- Food
- Rent for additional space

Aklavik District Education Authority

Funds supported:
- Student Advisor Program

Brighter Futures

Tetlit Gwich'in Council

- A Community Wellness Coordinator was hired to plan, implement and administer wellness programs in the community.

- **Community Mental Health**
  Funds supported:
  - The Midway Lake Music Festival, an alcohol and drug free weekend for all community members to share dancing, story telling and traditional food.
  - Publication of a Gwich'in newsletter to inform community members about wellness activities in Fort McPherson.
  - Youth advisors were employed to assist school children with behavior management and classroom discipline.
  - Youth coordinators were hired to help implement and coordinate after school, evening and weekend youth activities in the community.
  - Four on-the-land programs for youth.
  - Students participated in annual Dream Catcher's and other youth conferences.
  - Community workshop.

- **Child Development**
  Funds supported:
  - A reading circle for children aged eight and under.

- **Parenting**
  Funds supported:
  - 12 women attended a workshop in Whitehorse which focused on parenting skills.

- **Solvent Abuse**
  Funds supported:
  - During the National Addictions Awareness Week in November, activities were organized for all age groups.

Canada Prenatal Nutrition Program

Tetlit Gwich'in Council

- **Moms and Tots**
  Funds supported:
  - 10 cooking groups with approximately 15 participants in each session.
  - Four separate education sessions/activities for 15 to 18 participants per session.
  - Nutrition education on a one-to-one and group basis, with nutrition assessments conducted on an occasional basis.
  - Breastfeeding was promoted and supported.
  - Food supplements, home visits, childcare, games, and prizes/incentives.

Healthy Children Initiative

Fort McPherson District Education Authority

Funds supported:
- Preschool Program and Student Advisor Program for kindergarten.

Chief Julius School Library

Funds supported:
- Family Literacy Program

Health Promotion Fund

Chief Julius School

Funds supported:

- Breakfast Program for students

Aboriginal Head Start

Tl'oondih Healing Society

- **Tetlit Zheh Child Centre (ongoing program)**
  This project provides opportunities for children and their families to have their educational, physical, cultural, developmental and social needs met.
  Funds supported:
  - 16 children, aged three to five years, attend the program three hours per day, five days a week.
  - A team of local early childhood educators consult with parents about the daily activities.
  - A Gwich'in language teacher provides instruction to the children and the staff team plans cultural activities throughout the monthly schedule.
  - Emphasis in the 2001-2002 year to address special needs of children attending and building program links with Chief Julius School.
  - A daily Snack Program meets nutritional standards while emphasizing traditional "country food."
  - Parents are involved in a parent advisory group and assist where possible in daily program activities.

Brighter Futures

Holman Community Corporation

- A coordinator was hired to administer all wellness initiatives.

- **Community Mental Health**

  Activities included:

  - A Special Events Coordinator was contracted to organize community events.
  - The Elders committee met monthly to provide support to the community, including children.
  - Nine drummers went to the World Eskimo Indian Olympics in Fairbanks, Alaska where they shared songs, dances and Arctic Sports with other Inuit.
  - Several multiple day seal hunting trips were organized.
  - Instructors taught school age children three times a week traditional skills like sled making as well as modern tool making.
  - Programs demonstrating traditional cabin construction on the land.
  - Two high school students were hired to organize a daily reading circle and support younger children in reading.
  - Tri-weekly classes teaching girls and young women how to sew caribou shoes, mittens, and parkas.
  - Weekly recreational activities such as coloring, painting, crosswords, face painting, playing games and watching movies for children from five to 13 years.
  - A youth drop-in offered a variety of recreational programs, including movie and pool nights, mini sports tournaments, beach activities, picnics, dances and games.
  - Character props and learning games were purchased in order to encourage and enhance family literacy and child/parent interaction.
  - Two youth were part of the NWT delegation at a five-day youth conference in Victoria, BC, on contemporary issues in Canada.

Canada Prenatal Nutrition Program

Hamlet of Holman

- **Canada Prenatal Nutrition Program**

  Funds supported:

  - 14 cooking groups with approximately 10 women attending each session.
  - Two separate education sessions/activities with approximately eight to 10 women attending each activity/session.
  - Nutrition education was offered on a group basis.
  - Breastfeeding was promoted and supported.
  - Other services offered included food vouchers, food supplements, and prizes/incentives.

Healthy Children Initiative

Hamlet of Holman

Funds supported:

- Preschool Program

Brighter Futures

Inuvik Native Band

- **Community Mental Health**
  Funds supported:
  - Youth participated in a traditional skidoo trip from Inuvik to Fort McPherson and Old Crow, where they listened to traditional stories and learned how to set camp, cook and cut wood.
  - The Rachel Reindeer Cultural Program took children from grade one to six out on the land for over two weeks to a camp where various traditional and cultural activities were organized.
  - Six youth participated in an excursion to Edmonton for educational and recreational purposes.
  - An on-going Sewing Program.
  - An in-home Support Worker and three Support Assistants helped in the classroom with teaching, career development and supervision.

Inuvik Community Corporation

- A coordinator was hired to administer all wellness initiatives.

- **Community Mental Health**
  Funds supported:
  - The Family Counselling Centre hired an in-home Support Worker to provide outreach services.
  - An Aboriginal Language Assistant was hired to assist teaching Inuvialuit culture and language at the local school.
  - A student was hired to help organizing on-the-land trips for youth.
  - Several on-the-land programs for children, youth, families and elders were offered by various community organizations/groups.
  - During the caribou harvest, experienced hunters took youth out to learn how to hunt and butcher caribou meat.
  - Nine girls participated in the Super Soccer Territorial Tournament in Yellowknife.
  - Three girls attended the Canada Summer Games Soccer Camp in Victoria, BC. Two boys attended a hockey school in Kelowna, BC for several weeks.
  - Brighter Futures supported over 30 sport activities and events, such as speed skating, the Track and Field Championships in Hay River, fastball tournaments in Yellowknife and Hay River, and a three-day Arctic Sports Program for children and youth in Inuvik.
  - 16 youth participated in the 10th Annual Scout Jamboree in Prince Edward Island.
  - A regional youth gathering was held in Inuvik for Inuvialuit youth from across the country.
  - A "Safe House" for lonely or needy community members during the Christmas and New Year season.
  - Language instruction and traditional sewing lessons for adult women and youth.
  - A family wellness night for community members all ages that included a feast, dancing, and playing games.
  - A shelter for women and children.
  - A monthly elders' meeting.
  - An Old Time Dance event.

- **Child Development**
  Funds supported:
  - Three breakfast programs run in schools/daycare centres.
  - Educational programs for three to four year old children were developed at the local preschool center.
  - Contributions toward salaries for three and a half support assistant positions for grade one and two at Sir Alexander Mackenzie School.
  - Grade two students were taught drumming, traditional songs and dances.

Canada Prenatal Nutrition Program

Ingamo Hall Friendship Centre

- **Healthy Babies Inuvik (ongoing program)**
  Focus on improving nutrition and providing relevant prenatal health information to high-risk mothers. Project education targets nutrition, pregnancy and birth, breastfeeding, early childhood care, drugs, alcohol and tobacco.
  Funds supported:
  - Counselling, videos, guest lectures, grocery tours, skill development in budgeting, meal planning and traditional cooking through a community kitchen.
  - Food supplements.
  - Referrals to appropriate agencies.
  - Home visits where needed.
  - 36 weekly cooking groups and 38 separate education sessions/activities were held with around four women attending each session.

Health Promotion Fund

Inuvik Regional Health and Social Services Board

Funds supported:

- Approximately 260 residents took part in an FAS/E walk and barbeque to raise awareness in the community.

Healthy Children Initiative

CMHA Family Counselling

- In-Home-Support Program and Early Intervention Program

Inuvik Preschool Society

- Teaching Assistant

Inuvik District Education Authority

- Program Support Assistants

Ingamo Hall Friendship Centre

- Cultural workshops, food, and materials

Midnight Sun Daycare

- Special Curriculum Coordinator

Brighter Futures

Paulatuk Community Corporation

- A coordinator was hired to administer the wellness initiatives.
- **Community Mental Health**
  Activities included:
  - Five children and one chaperone traveled to the Arctic Winter Games in Nuuk, Greenland, to practice traditional drum dancing and singing.
  - Three on-the-land weekend programs were organized for high school children.
  - The community held a feast during the Christmas season.
  - Elders' meetings were held intermittently.
- **Child Development**
  - A daily Breakfast Program was implemented at the local school.
  - Contributions were made to the operation of the Paulatuk Aboriginal Headstart Program.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- **Community Kitchen Prenatal Nutrition Program**
  Funds supported:
  - Cooking groups were held once every two weeks with approximately two women attended each session.
  - Nutrition education was offered on a group basis.
  - Breastfeeding was promoted and supported.
  - Other services offered included games, prizes, and other incentives.

Healthy Children Initiative

Inuvialuit Regional Corporation

- **Aboriginal Head Start Program**
  Activities included:
  - Nutrition Bingo Program
  - Support Worker
  - Parent Sewing Group
  - Parents Day Out Program

Aboriginal Head Start

Inuvialuit Social Development Program

- **Isaksaqtuak Inuvialuktun Paulatumi Mikiyuayaat (ongoing program)**
  Funds supported:
  - Project licensed to serve 12 three to four year olds in the community of Paulatuk.
  - The half-day program runs five days per week, providing an Early Childhood Preschool Program based on the Inuvialuit language, culture and spirituality.
  - The hamlet van transports children to and from the program in the colder months.
  - Elders, parents and extended families are involved closely in the program activities.
  - A daily meal program as well as other family food activities provide nutrition for the children and their families.
  - Extended programming offers a Saturday Parents Day Out and a monthly Nutrition Bingo which helps support and educate families in the community.
  - Materials and sewing space available for parents and elders to support traditional sewing and ensure children have adequate clothing for winter.

Health Promotion Fund

Inuvialuit Corporate Group

Funds supported:

- A two-month program offered three times a week for approximately 30 new parents and their children focusing on active living, nutrition, and injury prevention.

Brighter Futures

Sachs Harbour Community Corporation

- A coordinator was hired to administer wellness initiatives.

- **Community Mental Health**
  Funds supported:
  - The White Fox Jamboree, Easter, Canada Day, Halloween and Christmas celebrations.
  - An event celebrating National Childcare.
  - Several on-the-land programs for children and youth where participants learn hunting, survival and other traditional skills, crafts and explore historical sites.

- **Child Development**
  Funds supported:
  - A Breakfast Program for children at the local school.
  - Traditional drum dance program for children from preschool to twelve years of age.
  - 11 children age seven to 12 years of age traveled to Inuvik for swimming lessons.

Canada Prenatal Nutrition Program (FNIHB)

Inuvialuit Regional Corporation

- **Sachs Harbor Prenatal Nutrition Program**
  Funds Supported:
  - Provided food hampers to one prenatal and one postnatal women two times each month.
  - Nutrition assessments were conducted on a regular, ongoing basis by the nurse and health centre staff.
  - Food supplements were provided

Healthy Children Initiative

Hamlet of Sachs Harbour for the Recreation Department

- Parent and Tot Program

Sachs Harbour District Education Authority

- Breakfast/Snack Program

Brighter Futures

Tsiigehtchic Charter Community

- **Community Mental Health**
  Activities included:
  - A daily Sewing Program for community members of all ages teaching various styles of traditional sewing.
  - A "Positive Behavior Reward Program" implemented at the school rewarding students for good behavior and punctuality.
  - Two performances by the Fort Good Hope Drummers for students and the general public.
  - Five students attended the annual Dream Catcher's conference in Edmonton.

Canada Prenatal Nutrition Program

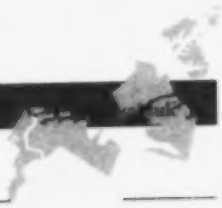
Gwichya Gwich'in Band

- **Tsiigehtchic Prenatal Nutrition Program**
  Funds supported:
  - Four cooking groups with four women attending each group.
  - 14 separate education sessions/activities with five women and two men attending each session.
  - Nutrition education on a one-to-one and group basis.
  - Nutrition assessments on an occasional basis by the program coordinator, contract nutritionist/dietitian, and nurse/health centre staff.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements and vouchers, home visits, childcare, transportation, and prizes/incentives.

Healthy Children Initiative

Chief Paul Niditchie School

- Snack, Reading and Reward Program for kindergarten and grade one.



Brighter Futures

Tuktoyaktuk Community Corporation

- A coordinator was hired to administer all wellness initiatives.

- **Community Mental Health**
  Funds supported:
  - The local women and children's shelter.
  - Elders committee meetings.
  - The Akulliq Justice Committee.
  - A monthly Elder's luncheon.
  - An Elders summer camp.
  - Muskrat trapping, beluga hunting and drum dancing for youth.
  - Suicide Prevention Program featuring recreational activities for youth and promoting awareness about suicide prevention and intervention.
  - Youth Activities Coordinator to organize educational and recreational events for youth.

- **Child Development**
  Funds supported:
  - Recruitment of an Infant and Toddler Worker for the daily Child Development Program, which targeted preschool children and included culture and language promotion, story telling, social interaction, and nutrition.
  - A school Breakfast Program targeting all children attending the local school.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- **Tuktoyaktuk Community Kitchen**
  Activities included:
  - 22 cooking groups with approximately six women attending each session.
  - Nutrition education was offered on a group basis.
  - Breastfeeding was promoted and supported, with childcare provided.

Healthy Children Initiative

Inuvialuit Regional Corporation for Child Development Centre

- Support Worker

Women and Children's Shelter

- Child Advocate

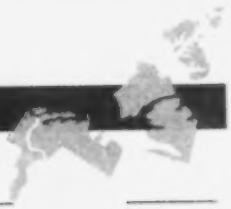
Health Promotion Fund

Child Development Centre

Funds supported:

- 33 children were taught how to make healthy snacks, activities about where it is safe to play, and the importance of active living.

Beaufort Delta Regional Projects



Brighter Futures

Inuvialuit Regional Corporation (IRC)

Funds supported:

- A Regional Coordinator
- Regional workshops
- Other costs related to the implementation of Brighter Futures

Health Promotion Fund

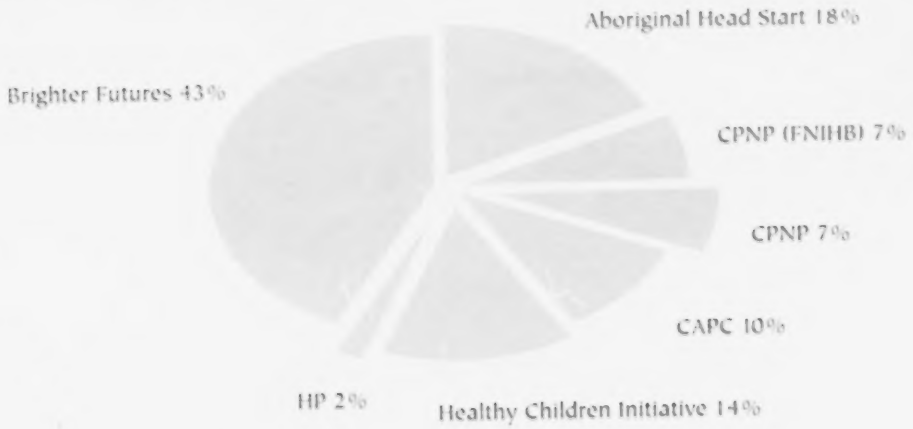
Inuvik Regional Health and Social Services Board

Activities included:

- Continuation of the oral health promotion campaign, including production and distribution of a "Sweet Tooth" story booklet for children.

Summary of 2001-2002 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	NCAP	CAPC	HepC	HP	Rural Health	Healthy Children Initiative	Health Promotion Fund	Total
Fort Liard	62,833.00	17,422.91	-	-	-	-	-	-	-	3,411.00	-	83,666.91
Fort Providence	105,740.00	16,621.50	109,578.00	-	-	-	-	-	-	43,652.73	4,321.00	279,913.23
Hay River Reserve	61,110.00	10,502.10	112,400.00	-	-	-	-	-	-	5,000.00	10,000.00	199,012.10
Jean Marie River	13,694.00	-	-	-	-	-	-	-	-	-	-	13,694.00
Kakisa	10,748.00	-	-	-	-	-	-	-	-	-	-	10,748.00
Fort Simpson	128,062.00	13,868.40	-	80,000.00	-	120,000.00	-	-	-	56,703.00	-	398,633.40
Nahanni Butte	19,369.00	5,906.25	-	-	-	-	-	-	-	20,562.00	5,880.00	51,717.25
Trout Lake	16,527.00	6,094.20	-	-	-	-	-	-	-	15,100.39	1,628	39,349.59
Wrigley	49,350.00	1,680.00	-	-	-	-	-	-	-	-	-	51,030.00
Regional	51,978.00	-	-	-	-	-	-	-	-	30,000.00	-	81,978.00
Total	519,411.00	72,095.06	221,978.00	80,000.00	-	120,000.00	-	-	-	174,429.12	21,829.00	1,209,742.48



Brighter Futures

Acho Dene Koe First Nation

- **Community Mental Health**
  Funds supported:
  - A youth conference for 55 individuals age 10 to 19 from Fort Liard and Trout Lake focused on team building, family roles and relationships, craft-making, and traditional games.
  - A youth-focused program, The New Dawn Self Development Center, included a ventriloquist presentation, anger management, and peer pressure-related actions.
  - The Next Generation Youth Association made presentations to students on issues such as drug and alcohol abuse and making the right choices.
  - Four-day healing workshop.
  - Three-day relationship workshop.
  - Elders gathering and Elders' healing project.
  - Family cultural camp.
  - Spring feast.

Canada Prenatal Nutrition Program

Ford Liard Health Centre

- **Prenatal Nutrition Program**
  Funds supported:
  - Cooking classes were held with approximately four women attending each of the 12 sessions.
  - Six separate education activities were held every two weeks with approximately three women attending each session.
  - Nutrition education was offered on a one-to-one and group basis.
  - Breastfeeding was promoted and supported.
  - Home visits and prizes or incentives.

Healthy Children Initiative

- **Acho Dene Koe Preschool Program**
  - Three and four years olds participated in this program which provided a healthy learning environment and preparation for kindergarten.

Brighter Futures

Deh Gah Got'ie Dene Council

- A Program Coordinator was hired to plan, implement, and report on the Brighter Futures projects in the community.

- **Community Mental Health**
  Funds supported:
  - A grieving workshops series for community members who have recently experienced the death of a loved one with an evening follow-up event later in the year.
  - Healing workshops using facilitated sharing circles on the subject of grieving and an evening follow-up later in the year.
  - A fall Elders' Gathering allowed eight community Elders to return to the land, practice traditional living and share stories and knowledge.
  - Over 100 youth participated in a territorial youth conference focused on self-esteem, alcohol use and employment opportunities.
  - Continuation of the breakfast program for students at the Deh Gah School.
  - 25 community members participated in a caribou hunt to provide meat to all members of the community.
  - A traditional teaching event involving two elders teaching eight youth survival and life skills and traditional medicines out on the land.

- **Child Development**
  Activities included:
  - The annual recognition ceremony for children graduating from preschool.

- **Injury Prevention**
  Activities included:
  - One-day workshop on fire safety and prevention for community members.
  - A Rabies Prevention Workshop conducted with senior high school students to increase awareness on rabies prevention and immunization programs.

- **Parenting Skills**
  Activities included:
  - Presentations dealing with family violence and it's effects on the whole community were made during Family Violence Awareness Week.

- **Solvent Abuse**
  Activities included:
  - Guest speakers from Calgary conducted workshops on substance abuse, role modeling and peer pressure at the school for all age groups.
  - Two community members attended a one-week workshop on fetal alcohol syndrome in Whitehorse.
  - Tapes, pamphlets, videos, and books were purchased for the Band's alcohol and drug resource library.

Canada Prenatal Nutrition Program

Zhahti Koe Friendship Centre

- **Positive Beginnings**
  Activities included:
  - Weekly cooking sessions attended by approximately eight women.
  - Nutrition education was offered on a group basis.
  - Nutrition assessments were conducted on an occasional basis.
  - Other services included food supplements, food vouchers, home visits, games, and prizes/ incentives.

Health Promotion Fund

Zhahti Koe Friendship Centre

Funds supported:

- Children and mothers were taught basic nutrition and healthy snack alternatives.
- Elders prepared traditional foods.

Aboriginal Head Start

Deh Gah Got'ie Dene Council

- **Aboriginal Head Start (ongoing program)**
  - Program focus is the needs of Aboriginal children and families in the community.
  - Approximately 30 children are enrolled throughout the preschool year.
  - Preschool children learn basic academic skills as well as the Dene culture and values through an integrated educational philosophy of holistic learning.
  - Parents, caregivers, extended family and community members are the key people who make this program a success.

Healthy Children Initiative

Dezoah Undaa Aboriginal Head Start Program

Funds supported:

- Travel cost to attend early childhood course in Yellowknife.
- New equipment and resources.

District Education Authority Board

Funds supported:

- Family literacy projects within the community library.

Brighter Futures

Liidlii Kue First Nation

- A full-time Program Coordinator was hired to plan, implement, and report on the Brighter Futures projects in the community.

- **Community Mental Health**
  Funds supported:
  - Community feasts and special events, including National Aboriginal Day, graduation, an arts festival, and an elders' celebration.
  - Dechinta On-The-Land Program gave families the opportunity to develop traditional knowledge and skills in a camp environment.
  - Youth-oriented programs and events including peer counselling workshop, youth trip to Tulita, suicide prevention workshop and Christmas party.
  - A part-time Youth Mental Health Consultant was hired to provide evening support services to youth and their families.
  - One youth and his parent were sponsored to attend a speed skating camp in Yellowknife.
  - A grieving and trauma workshop was organized for the community.
  - A traditional healer visited the community twice.

- **Solvent Abuse Prevention**
  Activities included:
  - Students Against Drunk Driving attended a conference in Toronto.
  - During the National Addictions Awareness Week, interactive activities and speakers were organized to promote healthy lifestyle choices.
  - A community feast was held to mark National Addictions Awareness Week.

Canada Prenatal Nutrition Program

Liidlii Kue First Nation

- **Sa Naeah Prenatal Program (ongoing program)**
  Activities included:
  - Consultation with local businesses to promote and provide nutritious food.
  - Lifestyle and nutrition counselling.
  - Referrals to and from appropriate health and social agencies.
  - Cooking and nutritional sessions with emphasis on traditional foods.
  - "Well Baby" days with guest speakers at the public health clinic.
  - Information and nutritious snacks at weekly prenatal clinics.
  - Home visits and food supplements.

Community Action Program for Children

Open Door Society Family Resource Centre

- **Early Intervention/Preschool Program (ongoing program)**
  Activities included:
  - Community-based early intervention program for at-risk preschool children and their parents.
  - Provide ongoing preventive activity-based intervention for children with medical histories that place them at-risk for developmental delays or potential learning disabilities.
  - Enhance intellectual, social and physical development of children, while strengthening and supporting the whole family.
  - Staff work with parents to extend program to homes and provide assistance on parenting issues.

Healthy Children Initiative

Open Door Society

- **Open Door Society Busy Bees Program**
  - Teaching staff help the children develop school readiness skills for three and four year olds two time per week.
- **Open Door Society Replenish Toy Lending Library**
  - Offers a variety of books, videos and toy resources on two-week loan.
  - Using a digital camera, photos of children help promote camaraderie and friendship.
- **John Tsetso Library**
  - Replaced all damaged books with publications to better fit the needs of children ages zero to six years of age.
- **Respite Care for Family with Special Needs Child**
  - Provision of support to a family to enhance social, emotional and physical well being of their child who has Lissencephally and Epilepsy.
- **Sa Naeah Healthy Baby Program**
  - A conference for all communities in the Deh Cho was held in Fort Liard to learn more about Shaken Baby Syndrome.

Brighter Futures

Hay River Dene Band

- **Community Mental Health**
  Funds supported:
  - A school counselor was hired at the Chief Sunrise Education Centre to establish links between the school and parents and to provide emotional and counselling support to students.
  - Contributions towards the participation of 17 individuals to the annual Dream Catcher's Conference in Edmonton.

  ** Complete report not available**

Canada Prenatal Nutrition Program

K'atl'odeeche First Nation

- **Cooking Circle for Women**
  Activities included:
  - 14 cooking groups were held with four to six women attending each session.
  - Three separate education activities were held with approximately five women attending each session.
  - Nutrition education was offered on a group basis twice per month.
  - Nutrition assessments were conducted on an occasional basis by the nurse/health centre staff and CHR.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements, home visits, childcare, transportation, games, prizes/incentives and a community feast.

Health Promotion Fund

K'atl'odeeche First Nation Early Childhood Centre

Funds supported:

- Children were taught the importance of oral hygiene and proper nutrition through brushing demonstrations, nutritious meals, games and activities.
- Active living was encouraged during playtime.

Aboriginal Head Start

Hay River Reserve Education Council

- **Aboriginal Head Start (ongoing program)**
  Funds supported:
  - Provided a safe and nurturing environment for 34 to 40 children aged three to five years.
  - Parents participated in activities such as South Slavey teaching, traditional story and legend telling, Elder participation, parent snack program, and participation in the Early Childhood Series with other early childhood educators in the region.

Healthy Children Initiative

K'atl'odeeche First Nation

- **Summer Day Camp for Preschoolers**
- Daily programs during the summer to support parents of preschoolers.

Brighter Futures

Jean Marie River First Nation

- **Community Mental Health**
  Funds supported:
  - Food and supplies for a community hunt and fish.
  - Two community members participated in a two-and-a-half day grieving workshop in Nahanni Butte.
  - A spring social was held to mark the end of winter. The social involved a feast and traditional games, and approximately 13 families participated.

- **Solvent Abuse**
  Activities included:
  - A series of children's events during National Addictions Awareness Week, and healthy snacks were provided.
  - A joint venture between the Nahanni Butte Dene Band and the Jean Marie River First Nations to host a CanAm Wrestling Federation school presentation at the Jean Marie River school gymnasium blending alcohol and drug education with wrestling performances.

Brighter Futures

Ka'a'gee Tu First Nation

- A consultant group based out of Hay River was hired to develop a "Community Wellness Plan" for Kakisa.

- **Community Mental Health**

  Funds supported:

  - The "Next Generation Youth Association" presented a youth-oriented workshop and concert focused on "Making the Right Choices". Presentation included skits, crafts, and a dance.
  - Community workshop for all ages focusing on several aspects of community and individual wellness.

Brighter Futures

Nahanni Butte Dene Band

- **Community Mental Health**
  Funding supported:
  - 15 youth participated in a workshop and concert by the "Next Generation Youth Association" addressing drug, alcohol and solvent abuse, suicide, peer pressure, sexual abuse, violence and bullying.
  - 12 youth participated in a five-day cultural camp featuring hunting, trapping, fishing, cooking, and craft activities.
  - A three-day grieving/bereavement workshop in the community.
- **Solvent Abuse**
  Funding supported:
  - A joint venture between the Nahanni Butte Dene Band and the Jean Marie River First Nations to host a CanAm Wrestling Federation school presentation which blended alcohol and drug education with wrestling performances.

Canada Prenatal Nutrition Program

Nahanni Butte Dene Band

- **Nahanni Butte CPNP Program**
  Funds supported:
  - 12 cooking groups with approximately two women attending each session.
  - Nutrition education was offered on a group basis.
  - Breastfeeding was promoted and supported.
  - Other services included games, prizes/incentives, and a community feast.

Healthy Children Initiative

Nahanni Butte First Nation

- Parent-Nutrition workshop, drop-in centre, baby kits.

Health Promotion Fund

Charles Yohin School

- A Healthy Breakfast Program for students, with older students participating in the preparation of food.

Brighter Futures

Sambaa K'e Dene Band

- **Child Development**
  Activities included:
  - Nine children, aged two to 12 years, participated in the annual Summer Camp Program. Cultural and traditional activities included dry fish making, fish filleting, rabbit skinning, bannock making, setting up tents, big game harvesting, dry meat making, and cleaning moose hide. A traditional healer taught the children how to identify and gather plants and herbs needed for making traditional medicine.
  - Spring Camp Program focused on injury prevention issues such as snowmobile safety, gun safety and open fire cooking safety.

Canada Prenatal Nutrition Program

Sambaa K'e Dene Band

- **Trout Lake Prenatal Nutrition Program**
  - 25 cooking groups were held with approximately two women attending each session.
  - Nutrition education was offered on a group basis.
  - Nutrition assessments conducted on an occasional basis by program coordinator.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements and childcare.

Healthy Children Initiative

Sambaa K'e Dene Band

- Traditional Parenting Workshop/Preschool Drop-in Centre
- Four-day workshop with 20 participants consisting of elders, youth and parents to teach about the importance of traditional country food for young children age zero to six.
- Focus on mental and physical development of children through play and socialization.
- Incorporation of the Slavey language into the program.

Health Promotion Fund

- **Charles Tetcho School**
  Funds supported:
  - A nutritious Breakfast Program which students, parents and staff ran co-operatively.

Brighter Futures

Pehdzeh Ki First Nation

- A full-time Community Wellness Coordinator/Alcohol and Drug Coordinator were hired to develop and implement various health and community wellness programs. These included alcohol/drug prevention and treatment initiatives, counselling and crisis intervention services, prenatal nutrition programs and various community events.

- **Community Mental Health**
  Funds supported:
  - A four-day workshop for Band staff and community members was held focusing on improved communication and anger management.
  - A workshop for community members dealt with stress management, teamwork, and self awareness.
  - One-on-one counselling was available to individuals following both group sessions.

- **Solvent Abuse**
  Funds supported:
  - Youth Healing Workshop to promote healthy healing and coping without the use of alcohol or drugs, general wellness, and community participation. The sessions were well attended by both youth and community leaders.

Deh Cho Regional Projects

Brighter Futures/Canada Prenatal Nutrition Program

Regional Coordination

- A part-time assistant was hired to help all Deh Cho communities with Brighter Futures and CPNP Program planning, implementation, and reporting.

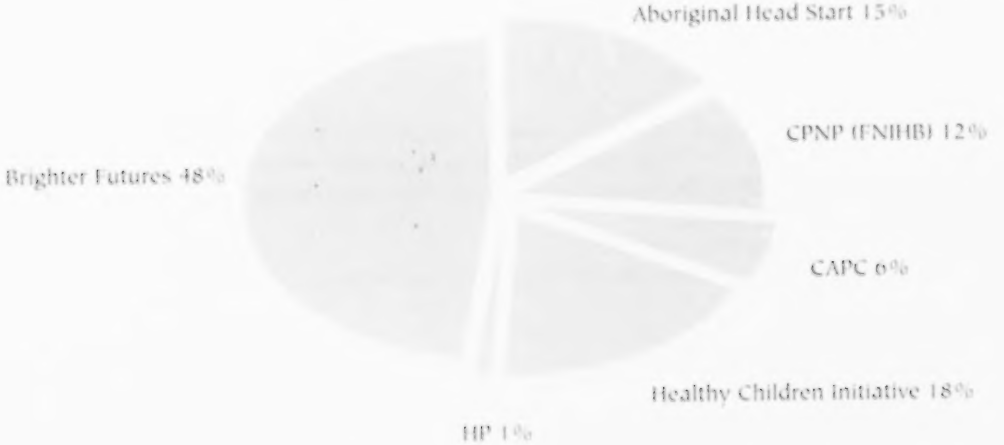
Healthy Children Initiative

NWT Literacy Council

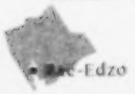
- A multi-community project that allowed two individuals from each community to take part in the training institute of NWT Literacy Council Workshops for the delivery of programs as well gave ideas on how to organize, advertise, and facilitate each one.

Summary of 2001-2002 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	NCAP	CAPC	HepC	PHE	Rural Health	Healthy Children Initiative	Health Promotion Fund	Total
Rae-Edzo	294,566.00	76,623.00	143,635.00	-	-	60,000.00	-	-	-	-	7,662.00	384,486.00
Rae Lakes	44,978.00	9,320.00	-	-	-	-	-	-	-	-	-	54,298.00
Wekweti	20,500.00	9,687.00	-	-	-	-	-	-	-	-	-	30,187.00
Wha Ti	77,488.00	15,914.00	-	-	-	-	-	-	-	-	2,025.94	95,427.94
Regional	-	-	-	-	-	-	-	-	-	171,000.00	-	171,000.00
Total	440,532.00	110,544.00	143,635.00	-	-	60,000.00	-	-	-	171,000.00	9,687.94	935,398.94



Brighter Futures



Dogrib Rae Band

- A Social Development Coordinator and a temporary Social Development Coordinator Trainer were hired to deliver health and social programs in Rae-Edzo.

- **Community Mental Health**
  Funds supported:
  - Culture camp programs at the local elementary and high school focusing on traditional hunting and trapping skills and knowledge about Dogrib history, language and culture.
  - An "After School" Program at the Rae Friendship Centre allowed children ages 12 and under to play games, use computers, watch movies, and have a healthy snack. Monthly field trips to Yellowknife to go swimming, bowling, or watch a movie.
  - Contributions to the annual Trails of Our Ancestors canoe trip.
  - Hockey teams for youth.
  - Participation of youth in the annual Dream Catcher's conference.
  - Snack program run by the local elementary school.
  - Several couples visited a couple's retreat at Trappers Lake.
  - Community members who were sick visited traditional healers.
  - Regional gatherings.
  - Community celebrations for Aboriginal Day, Canada Day, Children's Christmas, Halloween for Kids, Community and Elder's Christmas feasts, and Happy Daze Cultural Events.

- **Child Development**
  - An Early Childhood Intervention Worker was hired to help preschool children with special needs to reach their full potential.

- **Healthy Babies**
  - A coordinator for the Canada Prenatal Nutrition Program was hired, and three staff members attended the Early Years Conference in Vancouver.

- **Parenting**
  - Two parenting workshops were held in the community.

- **Solvent Abuse**
  - Contributions were made to the CanAm Wrestlers' Workshop Group who hosted a drug and alcohol workshop for youth.

Canada Prenatal Nutrition Program

Dogrib Rae Band

- **Rae-Edzo Prenatal Nutrition Program**
  Activities included:
  - 22 cooking groups were held with four to nine women attending each session.
  - Three separate education sessions were held with four to six women attending each activity.
  - Nutrition education was offered on a group basis and nutrition assessments were conducted on an occasional basis by the program coordinator.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements, food vouchers, home visits, childcare, transportation, games, and prizes/incentives.

Health Promotion Fund

- **Rae Edzo Prenatal Nutrition Program**
  Activities included:
  - Expanded the Healthy Pregnancies Program to reach more pregnant or breastfeeding women.
  - Offered alternative times and places for health professionals to be available to young mothers with questions.

Community Action Program for Children

Dogrib Community Services Board

- **Gameti Early Intervention (ongoing program)**
  - Early Intervention Program in partnership with the Gameti Band established a licensed child centre for three-to-four year old children.
  - Program promotes knowledge and skill developpment for both children and their parents.
  - The Centre provides student teacher training and its programming is developmentally and culturally appropriate.

Aboriginal Head Start

Dogrib Community Services Board

- **Rae-Edzo Aboriginal Head Start (ongoing program)**
  - The program offers a holistic learning experience to three and four year olds in the community so they may develop spiritually, intellectually, emotionally, socially and physically within the Dogrib culture.
  - Approximately 40 children are served annually.
  - The program provides an environment that promotes social, emotional, verbal, intellectual and physical well-being to the children in developmentally and culturally appropriate activities and strengthens their readiness for kindergarten.
  - Children are provided with a Cultural and Language Program and parents are involved in the advisory board.

Brighter Futures

Gameti First Nation

- **Community Mental Health**
  Activities included:
  - Family day celebrations such as spring picnic, spring carnival, Fathers' day, Christmas day, and Easter usually included a feast or picnic, games and other activities for community members of all ages.
  - Several workshops on traditional grieving, spiritual healing and wellness were held in Rae Lakes and surrounding communities.
  - Youth prevention activities included sport, traditional and non-traditional games tournaments, hand games, and contests (bannock making, log sawing, balloon tossing, etc.).
  - A youth group met bi-weekly to plan events for their own entertainment.

Canada Prenatal Nutrition Program

Gameti First Nation Band

- **Rae Lakes Prenatal Nutrition Program**
  Activities included:
  - Seven cooking groups were held with approximately five women attending each session.
  - Nutrition education was offered on a one-to-one and group basis.
  - Breastfeeding was promoted and supported.
  - Other services included food, food supplements, food vouchers, and prizes/ incentives.

Brighter Futures

Dechi Laot'i First Nation

- **Community Mental Health**
  Activities included:
  - Several "family days" celebrating Christmas and New Year were organized which supported a healthy and sober lifestyle, including feasts, barbeques, traditional games and drum dances.
  - A spiritual gathering was held to assist community members in dealing with the loss of loved ones.
  - Several women attended a women's gathering in Yellowknife, organized by the Diocese of MacKenzie.
  - Youth participation in the World Youth Day Cross in Rae-Edzo, which featured cultural events such as drum dances, feasts, spiritual gatherings, and motivational speakers from around the region.
- **Solvent Abuse**
  - Several community members traveled to Rae for a Cross Pilgrimage, which focused on private reflections, prayers and personal sharing.

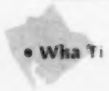
Canada Prenatal Nutrition Program

Dechi Laot'i First Nations

- **Wekweti Prenatal Nutrition Program**
  Activities included:
  - 22 cooking groups were held with approximately eight to nine women attending each session.
  - Nutrition education was offered on a one-to-one and group basis.
  - Other services included food supplements, food vouchers, home visits, childcare, games, prizes/incentives, and a community feast.

Brighter Futures

Wha Ti First Nation



- **Community Mental Health**
  Funds supported:
  - Community members undertook the annual Lac St. Anne Pilgrimage, a spiritual journey to restore tradition, and attended spiritual gatherings and traditional grieving sessions mainly in the Dogrib region.
  - Community members attended a retreat at Trapper's Lake for alcohol and drug treatment.
  - Several family days and community events including celebrations of Mother's Day, Father's Day, and church events focusing on the family and sports.
  - A movie was shown weekly and healthy snacks were served to children between six and twelve years of age.
  - Two groups for girls age six to nine and 10 to 14 respectively, met weekly, and activities included sports, craft making and singing.
  - A youth group to plan recreational activities was formed near the end of the fiscal year.
  - A women's group met regularly with approximate 10 members.

Canada Prenatal Nutrition Program

Wha Ti First Nation Band

- **Prenatal Program**
  Activities included:
  - Eight cooking groups were held with approximately six women attending each session.
  - Over 30 separate education activities were held weekly, and approximately two to five women attended each session.
  - Nutrition education was offered on a one-to-one and group basis.
  - Nutrition assessments were conducted on an occasional basis by the nurse/health centre staff.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements, food vouchers, home visits, childcare, games, prizes/ incentives, and a community feast.

Health Promotion Fund

Dogrib Community Services Board

- The Rainbow Club taught the basics of nutrition to children aged five to 12. In between informative sessions, the children played indoor and outdoor games.

Summary of 2001-2002 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	HepC	PHF	Rural Health	Healthy Children Initiative	Health Promotion Fund	Total
Colville Lake	21,787.00	6,038.00	-	-	-	-	-	-	-	12,916.00	-	40,741.00
Deline	139,000.00	24,045.00	-	-	-	-	-	-	-	29,460.00	-	192,505.00
Fort Good Hope	122,915.80	24,465.00	-	-	-	-	-	-	-	71,073.00	-	218,453.80
Tulita	110,380.00	14,070.00	-	-	-	-	-	-	-	42,577.00	-	167,027.00
Norman Wells	-	-	-	-	-	-	-	-	-	43,487.44	-	43,487.44
Total	394,082.80	68,618.00	-	-	-	-	-	-	-	199,513.44	-	662,214.24

Brighter Futures

Behdzi Ahda First Nation

- **Community Mental Health**
  Funds supported:
  - A traditional knowledge series documentary was produced in North Slavey, aimed at preserving traditional knowledge and recording activities, such as setting snares, setting a tent, making *babiche*, skinning caribou, making snowshoes, etc.
- **Child Development**
  - A Healthy Snack Program for children was run at the local school.

Canada Prenatal Nutrition Program

Behdzi Ahda First Nation

- **Colville Lake Prenatal Nutrition Program**
  Activities included:
  - Nutrition education was offered on a group basis.
  - Breastfeeding was promoted and supported.
  - Food vouchers were distributed and a potluck dinner held.

Healthy Children Initiative

- **Colville Lake School**
  - Healthy Children Project

Brighter Futures

Deline Dene Band

- A full-time Program Coordinator was hired to administer community programs, develop and implement projects, submit funding proposals, and monitor the budget.
- A Youth Coordinator was hired to implement youth and children-specific program initiatives, including weekly classroom presentations on culture, drugs and alcohol, education, and self care. The counselor performed a peer-counselling role, developed educational material (i.e. pamphlets on self care) and planned recreational activities, such as gym nights and dances.
- **Community Mental Health**
  Funds supported:
  - A youth counselor was brought in from Yellowknife for a family gathering with an emphasis on youth which covered the themes of suicide, AIDS, and family violence.
  - 16 youth traveled to Edmonton for the annual Dream Catchers Conference, where they participated in workshops on issues such as peer pressure, addictions, education, drum making, careers and self esteem.
  - 13 youth participated in a back-to-the-land project featuring Elder participation and story telling.
  - A school Breakfast Program was offered daily at the Ehtseo Ayha School and 150 students participated in this program.
  - A community-wide spiritual gathering was held in Deline, which welcomed delegations from Dene communities across the NWT. The gathering centered around healing, story-telling, prayer, and celebration of spiritual leaders.

Canada Prenatal Nutrition Program

Deline Band Council

- **Deline Prenatal Nutrition Program**
  Activities included:
  - Four cooking groups were held with approximately 15 women attending each session.
  - Nutrition education was offered monthly on a group basis.
  - Breastfeeding was promoted and supported and home visits conducted.

Healthy Children Initiative

Ehtseo Ayha School

- Healthy Children Assistant Program

Brighter Futures

K'asho Got'ine Community Council

- **Community Mental Health**
  Funds supported:
  - A traditional healing clinic, in which a traditional healer provided direct primary health care services to community members.
  - One-to-one counselling was offered to victims of physical and sexual abuse, and trauma, with follow-ups and aftercare provided a few months later.
  - A cultural camp and an on-the-land for youth aimed at teaching the younger generation traditional skills such as setting and checking fish nets, berry collecting, dry fish making, and setting snares.
  - Funds were also used for salaries of a youth worker and a mental health worker.
  - Partial financial support of the participation of six youth in the annual Dream Catcher's conference in Edmonton.
- **Child Development**
  - A daily Breakfast Program for children from kindergarten to grade six was implemented at the local elementary school.
- **Solvent Abuse**
  - Three workshops focusing on substance abuse and alternative lifestyle choices were organized for the youth.

Canada Prenatal Nutrition Program

K'asho Got'ine Band

- **Fort Good Hope Prenatal Nutrition Program**
  Activities included:
  - Approximately 16 women attended 20 group sessions.
  - 10 separate education sessions were held once every two weeks, and approximately 12 women attended each activity.
  - Nutrition education was offered on a one-to-one and group basis.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements, food vouchers, hampers, meal bags, home visits, games, and prizes/incentives.

Healthy Children Initiative

Fort Good Hope Daycare

- Food and staff training

Chief T'Selehye School

- Healthy Children Support Worker

Healthy Children Initiative

Town of Norman Wells
- Community Library Story Time Program and Books

District Education Authority
- Healthy Children Assistant Program

Preschool Society
- Preschool staff and snacks

Brighter Futures

Tulita Dene Band

- **Community Mental Health**
  Funds supported:
  - Several cultural programs were organized for the youth such as moose hide tanning, drum making, traditional hand games and snow shoe making.
  - A drop-in for youth between ten and nineteen years of age ran every evening and offered recreational activities such as playing games, watching movies, using the gym, etc.
  - Six youth participated in the annual Dream Catcher's conference in Edmonton.
  - Two youth took part in a Hockey Identification Camp in Edmonton.
  - Three youth participated in a hockey school in Yellowknife.
  - Funds also sponsored a Children's Easter Hunt, a trip for children to see Mush Music in Norman Wells, and the participation of teachers in a Fetal Alcohol Conference.
  - Tulita Wellness Program included an alcohol and drug program, a mental health program, a justice program, a youth program, etc.

Canada Prenatal Nutrition Program

Tulita Wellness Agency

- **Tulita Prenatal Program**
  - The Program Coordinator conducted home visits and prizes/incentives were provided.

Healthy Children Initiative

Sister Celeste Child Development Centre

- Teachers, Elders in Preschool Program.

Tulita District Education Authority

- Healthy Children Assistant at Chief Albert Wright School.

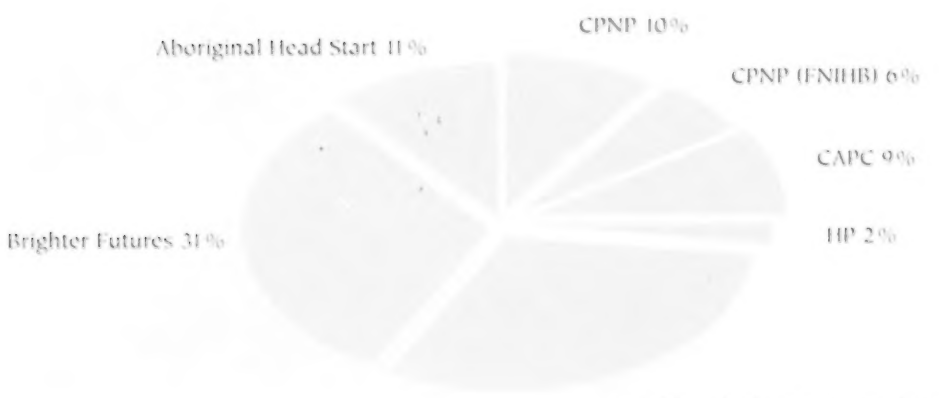
Health Promotion Fund

Tulita Wellness Agency

- Tobacco cessation was promoted in the community by informing teens of the dangers of smoking through discussion and posters, as well as making home visits.

Summary of 2001-2002 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	HepC	PHE	Rural Health	Healthy Children Initiative	Health Promotion Fund	Total
Fort Resolution	95,676.69	17,189.00	-	-	-	-	-	-	-	43,999.69	-	156,865.38
Fort Smith	120,924.00	20,000.00	112,500.00	53,000.00	-	-	-	-	-	112,346.50	-	418,770.50
Hay River/West Point	11,932.00	3,646.00	-	31,066.00	-	97,139.00	-	-	-	141,713.82	14,721.52	325,218.34
Lutsel K'e	93,062.00	24,683.00	-	-	-	-	-	-	-	14,846.00	5928.26	138,319.26
Enterprise	-	-	-	-	-	-	-	-	-	10,715.00	-	10,715.00
Total	321,594.69	65,518.00	112,500.00	104,066.00	-	97,139.00	-	-	-	323,621.01	25,649.78	1,050,086.48



Healthy Children Initiative

- **Young Children and Their Parents**
  - Curriculum developed to proceed with a parent and tot program. Five local volunteers participated in the instruction of this session.

Brighter Futures

Deninu K'ue First Nation

- A coordinator was hired for the delivery and administration of community programs.

- **Community Mental Health**
  Funds supported:
  - Community members undertook the annual "Portage to Wellness"
  - An on-the-land retreat was organized near Talston River for youth. Activities included a drug and alcohol awareness workshop and learning about different types of food preparation, safety on the land, and survival skills.
  - A three-day grieving workshop was held in the community for residents that are dealing with loss.
  - Several anti-violence events such as 'Women Take Back The Night', 'White Ribbon Campaign', International Day of the Family, International Women's Day and Family Violence Awareness Week were celebrated with various activities and awareness campaigns.
  - For the graduation ceremony of the youth, a dance party was organized.

Canada Prenatal Nutrition Program

Deninu Health and Social Services Board

- **Fort Resolution Prenatal Nutrition Program**
  - The program offered one on one cooking classes (weekly), regular nutrition assessment, nutrition counselling, and provided food vouchers to participants.

Healthy Children Initiative

- **Delivery of Child Care Initiatives Program**
  - Continuation of the cultural based program and lending library for the personal and educational growth of children three to five years of age.
  - Provided a place for children and parents to come together in a learning environment.
  - Allows elders the opportunity to spend time with the children.
  - Introduced the children to different cultural aspects in the community.

- **Special Needs Assistant**
  - A partnership was set up between the Child Care Initiative Program and the Kindergarten Program. Through this partnership, the Special Needs Assistant is able to provide the skills and confidence needed for three special needs children who took part in both programs.

- **Special Needs Assistant**
  - The Special Needs Assistant works with the special needs children.

Brighter Futures

Salt River First Nation

- A Program Manager delivered all community-based programs, which included Brighter Futures, Aboriginal Head Start, Our Kids Our Future, and a Toy Lending Library.

- **Community Mental Health**
  Funds supported:
  - A daily Breakfast Program for children age six to twelve years in the local elementary school.
- **Child Development**
  Funds supported:
  - 32 children attended the Aboriginal Head Start Program targeting three to four year old children.
  - "Our Kids, Our Future" offered parenting classes, cooking circles, child development activities, a toy lending and resource library, counselling, and similar activities to parents and children in preschool age.

Canada Prenatal Nutrition Program

Salt River First Nation

- **Our Babies, Our Future (ongoing program)**
  Activities included:
  - Interactive lessons for community groups and individuals in delivering prenatal health information, including labour and delivery, parenting, nutrition, purchase of foods, safe food handling and preparation, budgeting, breastfeeding and infant care.
  - The program also seeks to organize lesson plans into a curriculum and to arrange for accreditation as a high school course.

Aboriginal Head Start

Salt River First Nation

- **Salt River Aboriginal Head Start (ongoing program)**
  Funds supported:
  - Summer Preschool Program for 16 children, aged three to five years.
  - Involvement of parents and elders in cultural events, arts and crafts and outings on the land.
  - Nutritional Snack Program emphasizing traditional "country" food.
  - Parental involvement in program and workshops.

Healthy Children Initiative

- **Our Kids, Our Future**
  Funds supported:
  - Elders assisted mothers in preparing traditional recipes.
  - Out-reach sessions for moms interested in finding information suited to their interests and to encourage community networking within the program.
  - Literacy workshops.
- **Parents and Tots Playgroup**
  Funds supported:
  - Purchase of materials used.
- **Cooperative Nursery School**
  Funds supported:
  - Designed to assist with delivery of preschool.
- **Community Daycare Centre**
  Funds supported:
  - Staff training.
- **Speech Language Train-the-Trainer Conference**
- **Our Babies, Our Future**
  Funds supported:
  - Purchase of materials to support improved health, safety, and well-being of families, especially infants.
  - Access to current information on nutrition, parenting, infant development and other parental issues.

Brighter Futures

West Point First Nation

- Community Mental Health
  - Regular classes to teach youth native traditional sewing skills.
  - Two workshops for youth focusing on self-esteem and culture.
  - Youth and Elders attended a Dene Leadership meeting in Yellowknife.

Canada Prenatal Nutrition Program

Growing Together (ongoing)

- Community Wellness Planning Initiative
  Funds supported:
  - Identification of issues effecting early childhood development.
  - Breastfeeding support and information.
  - Prenatal prenatal education and awareness, with a focus on children and families at-risk.

West Point First Nation

- Hay River Prenatal Nutrition Program
  - Food boxes and cooking circles were offered.

Health Promotion Fund

- Hay River Community Health Services Board
  - A Walk to Yellowknife Club
  - Alberta Fitness Certification Program was offered for 15 people.
- Hay River Community Health Services Board
  - A postnatal book and magnet pack for new mothers.
  - Prenatal information at scheduled classes three times in the year.
- Growing Together
  - A six-week Healthy Choices summer camp for 17 children emphasizing active living and nutrition.

Community Action Program for Children

Family Support Centre/Safe Home Network

- Children's Lifeworks Action Program (ongoing program)
  Funds supported:
  - Counselling services to children staying at the shelter.
  - Support to children and parents in the school environment.
  - Educational programs focussing on parenting skills.

Healthy Children Initiative

- **Cultural Story Telling (Puppet Show)**
  - WP Puppet Theatre travelled to three northern communities to promote oral story telling as well as enhance local libraries.
- **Mother Goose Program**
  - This program was attended by 18 participants and six casuals. The children ranged in age from four months to three years of age.
- **Playschool Program**
  - The program was delivered to 36 children, 15 of which are recognized as having high risk potential.

South Slave Divisional Education Council

- Shaken Baby Syndrome Support
- Growing Together (Pre/Postnatal Program)

Brighter Futures

Lutselk'e Health and Social Services Board

- **Community Mental Health**
  Funds supported:
  - A part-time Community Wellness Counselor Trainee was hired to provide counselling and support services to families.
  - An annual 10-day event, Desnedhe Che Spiritual Gathering, celebrating family unity, traditional values and lifestyles.
  - Three Lutsel K'e students attended the annual Dream Catcher's Conference in Edmonton.
  - A traditional healer was brought into the community on six separate occasions to practice individual healing as well as community sweats and ceremonies.
  - A group of women traveled to Alberta for the Denesoline Women's Gathering celebrating the roles of women in Chipewyan communities and promoting their achievements.
  - A year-round On-The-Land Program was implemented in the schools, providing students with the opportunity to develop traditional hunting, trapping, and survival skills, including hide-making and dry meat-making components.

Lutsel K'e •

- **Child Development**
  Funds supported:
  - One-on-one counselling to children with developmental delays and their families.
  - Resource materials on Fetal Alcohol Syndrome, Fetal Alcohol Effects and Autism were purchased for use by community members.

- **Parenting Skills**
  Funds supported:
  - Five sets of parents were sent to Yellowknife to attend a restitution workshop focused on effective and appropriate approaches to child discipline and conflict resolution.

Canada Prenatal Nutrition Program

Lutselk'e Health and Social Services Board

- **Prenatal Nutrition Program**
  Activities included:
  - 22 cooking classes were held with 10 to 12 women attending each session.
  - Weekly separate education sessions were held with six to 12 women attending each activity.
  - Nutrition education was offered on a one-to-one and group basis.
  - Nutrition assessments were conducted on an occasional basis by the program coordinator and CHR.
  - Breastfeeding was promoted and supported.
  - Other services offered included food vouchers, food supplements, childcare, transportation, home visits, games, and prizes/incentives.

Healthy Children Initiative

- **Tinkering Tots Program**

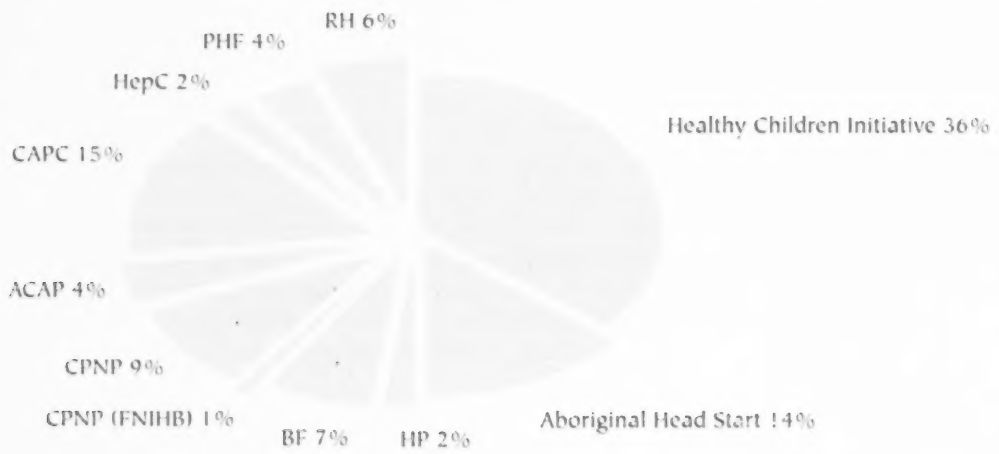
Health Promotion Fund

Lutsel K'e Health and Social Services Board

- An after school program was set up as a safe environment where children could learn about nutrition and participate in jig dancing.

Summary of 2001-2002 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACAP	CAPC	HepC	PHF	Rural Health	Healthy Children Initiative	Health Promotion Fund	Total
Yellowknife, N'dilo, Dettah	135,503.00	18,911.00	254,500.00	160,000.00	83,349.00	271,200.00	39,500	75,000	102,681	695,748.00	29,783.74	1,866,175.74



Brighter Futures

Yellowknives Dene First Nation

- **Community Mental Health**
  Funds supported:
  - A full-time Health and Social Development Manager was hired to administer community programs, develop and implement projects, submit funding proposals, and monitor the budget.
  - A full-time Wellness Coordinator was hired to fill a range of counselling and social service needs. The Wellness Coordinator performed home visits, provided practical assistance to elders, operated youth groups in N'dilo and Dettah, and coordinated special events.
  - A part-time Youth and Family Counselor was hired to conduct one-on-one, group and family counselling. Additionally, the Youth and Family Counselor organized workshops for youth on a variety of health related topics, and was involved in educational programming within K'alemi Dene School.

Yellowknife

Canada Prenatal Nutrition Program

Yellowknife Women's Centre

- **Healthy Baby Club (ongoing program)**
  Activities included:
  - A food supplementation component to address the nutritional needs of high risk pregnant women and health promotion to facilitate their lifestyle awareness.
  - Knowledge and skill development of food budgeting, shopping, menu planning and meal preparation.
  - Health promotion programs for pre/postnatal care, labour and delivery, breastfeeding, nutrition, alcohol and drug abuse, smoking and other lifestyle factors pre/post-conception.

Yellowknives Dene First Nation

- **Yellowknives Dene First Nation Prenatal Nutrition Program**
  Activities included:
  - 24 cooking groups were held with approximately two to five women attending each session.
  - Nutrition education was offered on a one-to-one and group basis.
  - Breastfeeding was promoted and supported.
  - Other services included food supplements, transportation, games, and prizes/incentives.

Aboriginal Head Start

Yellowknifes Dene First Nation

- **Yellowknife Aboriginal Head Start (ongoing program)**
  - This project provides 32 children with a morning or afternoon Preschool Program. Program components include: education; health and nutrition; parent and family involvement; the Dogrib language and Dene culture. Parents participate in monthly Parent Advisory Circle meetings and the program hosts a yearly on the land experience at a Dene Culture Camp where Elders share their traditional knowledge.

Health Promotion Fund

Weledeh Catholic School
- Community Kitchen for Kids expanded into grades one to eight and taught 150 students the importance of nutrition and kitchen safety in class.

Montessori School
- 32 children participated in swimming sessions to learn about active living.

École St. Joseph
- 50 students participated in Peacekeepers and 450 students participated in Playground Games Programs to promote injury prevention and active living. In addition, the school organized 8 parent and child sports nights.

William MacDonald Middle School
- Four students and one teacher attended the BLAST 2001 conference in Edmonton, Alberta where they learned how to make an action plan for tobacco reduction in their school and community.

Weledeh Catholic School
- Two students and one teacher from Weledeh Catholic School attended the BLAST conference. Following the conference, they organized activities during Tobacco Awareness Week for the entire school.

Sir John Franklin High School
- An after school and lunch program to inform and empower teenage girls.

City of Yellowknife
- An active living evening summer drop-in program for youth at risk ran for two months for seven to 12 year olds, including sports, nutrition and tobacco presentations by Health and Social Services.

Population Health Fund

Canadian Public Health Association NWT Branch

- **Youth Reduction Tobacco Strategy Project (ongoing program)**
  - Project activities will focus on the promotion of positive food choices, active living and tobacco reduction through the piloting of a food studies project in three elementary/junior high schools, supporting after school cooking and physical activity programs, implementing a cooking and walking club for families and delivering an Interactive Healthy Living Fair. This project expands the scope of previous project work which focussed on the promotion of youth participation in the planning and development of activities related to tobacco cessation and prevention.

Hepatitis C

Status of Women Council of the NWT

- **Community HIV/Hepatitis C Prevention and Awareness Project**
  - This project sponsors a joint community/federal/territorial initiative implemented in September 2000. The model includes the design of a Funding and Support Team (FAST) responsible for the development, implementation and monitoring of the new model to promote and fund HIV/Hep C Prevention and Awareness Projects in NWT communities. (Cost shared with the AIDS Community Action Program.)

AIDS Community Action Program

Status of Women Council of the NWT

- **Community HIV/Hepatitis C Prevention and Awareness Project (ongoing program)**
  - This project sponsors a joint community/federal/territorial initiative implemented in September 2000. The model includes the design of a Funding and Support Team (FAST) responsible for the development, implementation and monitoring of the new model to promote and fund HIV/Hep C prevention and awareness projects in NWT communities and regions. (Cost shared with the Hepatitis C Program.)

Community Action Program for Children

Yellowknife Catholic Schools

- **A Toy Lending Library and Play Centre (ongoing program)**
  - Provides young children with the opportunity to play with others and to have exposure to educational toys, while increasing parental awareness of how they can participate in their child's development. Allows caregivers to identify children at-risk and to make special needs toys and books accessible to parents who otherwise may be unable to afford them. Workshops for parents are offered on a variety of topics.

Yellowknife Association for Community Living

- **Living and Learning with FAS (ongoing program)**
  - Promotes the health and social/intellectual development of children with developmental disabilities associated with Fetal Alcohol Syndrome and Fetal Alcohol Effect. The intent is to enhance understanding, education and community action around the prevention of FAS/FAE and to facilitate the development of an effective community-based support system. Audio-visual materials and other resources are developed to promote the prevention of FAS/FAE and to support families who are dealing with this issue.

Healthy Children Initiative

Yellowknife Catholic Schools

- **Four Plus Program**
  An early intervention program for children aged four to six who need a head start on their school experience due to speech delays, autism, FAS, mental challenges and problems with behavior.
  - 54 children were enrolled.
  - Case conferences for staff, which gave the opportunity for evaluating the child's progress and coming up with strategies to further the child's development.

Yellowknife Women's Centre

- **Family Support Program**
  The goal of the program is to support multi-stressed families with children between 0 and 6 years of age, allowing parents to make informed decisions regarding their children and family.
  - 48 families accessed the Family Support Program.
  - Eight to 23 parents attended parenting workshops during each reporting period.

NWT Council of Persons with Disabilities

- **Early Intervention Program**
  Program provides early intervention for children under the age of six who have disabilities, with each child receiving one-to-one assistance for a minimum of five hours per week.
  - 12 children were assisted this year with three early intervention staff and a part-time coordinator.

NWT Literacy Council

- **Northern Parenting and Learning Program**
  Family Training was delivered to build capacity at the community level by providing community members the tools needed to deliver, manage and find funds for family literacy initiatives. An overview of literacy in the north, facilitation skills, family literacy information and training in programs such as Books in the Home, 1-2-3 Rhyme With Me, and Northern Parenting and Literacy Skills was provided. Program delivery, proposal writing and funding options were also addressed.

Northern Tikes Association – Garderie Plein Soleil

- A part-time aide was hired for a child in the pre-kindergarten year with speech delays, behavioral difficulties, sensory sensitivities and sometimes aggression towards other children in the group.
- Progression in language development has also been reported.

Kids First Child Development Centre

- Funds were used to complete a business review to determine the long-term viability of the child care centre and to establish budgets for the day-to-day operations of the facility and to successfully plan for the future.

Yellowknives Dene First Nation

Parent/Child Resource Centre

- Support services include counselling, home visitation and respite care. Education for parents, includes information about healthy relationships, nutrition, health practices, and parenting. Books, toys, videos, etc. are available for lending and sharing with parents.

Rural Health

Aurora College Yellowknife Campus

- **Collaborative Practice Pilot Project (ongoing program)**
  Supports the development of a collaborative practice model based on primary health care principles. A Project Coordinator will be hired to establish a clinical practicum for Nurse Practitioner (NP) students. NP students will not only gain enhanced skills and knowledge in assessing, diagnosing, prescribing and clinical decision-making but will gain invaluable skills in interdisciplinary and intersectoral work.

Summary of 2001-2002 Wellness Funding

	Brighter Futures	CPNP (FNIHB)	Aboriginal Head Start	CPNP	ACMI	CAPC	HepC	PHI	Rural Health	Healthy Children Initiative	Health Promotion - Tuna	Total
Northern Nutrition Association	-	99,320.00	-	-	-	-	-	-	-	-	-	99,320.00
NWT Literacy Council	-	-	-	-	-	-	-	-	-	-	10,000.00	10,000.00
Yellowknife H&SS Authority	-	-	-	230,000.00	-	-	-	-	-	-	-	230,000.00
Total	-	99,320.00	-	230,000.00	-	-	-	-	-	-	10,000.00	339,320.00

Other Projects in the NWT

Health Promotion Fund

NWT Literacy Council

- A Health and Literacy Manual was developed for distribution to those learning to develop their literacy skills. The themes of the booklet included nutrition, smoking, alcohol, active living, sexually transmitted diseases, and suicide, among others.

Canada Prenatal Nutrition Program

Yellowknife Health and Social Services Board

- **CPNP Nutrition Support to Enhance Community Capacity**
  - The project provides enhanced program support to both northern and southern regions of the Northwest Territories. The project will be delivered and managed by a coalition of organizations including the Northern Nutritionist Association, the Inuvik Regional Health and Social Services and GNWT Department of Health and Social Services. With the securing of two Nutritionists, support will be provided to 28 CPNP projects. This program offers five components which include nutrition screening, education and counselling, maternal nourishment, training and capacity building, breastfeeding promotion and support, and accountability and evaluation. Activities include regular site visits, workshops, online telephone support, nutrition screening, education, counselling, breastfeeding support, cooking classes, food voucher programs, video production and a food security kit.
- **Northern Nutrition Association**
  - The NNA provided on-line training for CPNP community workers, published a CPNP newsletter, and conducted a CPNP nutrition support evaluation and an overall CPNP evaluation.